

Thank you for wanting to help make and scatter Peyton Heart Project hearts in your area. We are eager to know if you will be scattering hearts in locations that we don't already have many people scattering hearts in. Although people in every country are welcome to join us we would love to hear if you will be scattering hearts in countries outside of the US, Canada, The Netherlands or Australia. We love updating our world map and want to know which countries we should add.

The hearts you make should be about 2 inches by 2.5 inches (5cm-6cm) in size with **two** strands of 5 inches (12cm) each coming from the **center of the top** of the hearts that you tie together into an overhand or figure eight knot (not a granny knot or square knot) before you attach the tags. Please do not make this loop long enough for a child to wear as a necklace. A child could become entangled in it. The hearts should be bright colors – not black. **Please do not attach buttons, beads, etc. to the hearts because a small child might find the heart and it could present a choking hazard.**

Below are the pages for the fronts and backs of the tags for the Peyton Heart Project. If your printer does automatic double-sided printing: set it to print pages 2 to 11.

If your printer doesn't print both sides by itself: set it to print pages 2, 4, 6, 8, & 10, then turn them over and run them through the printer again printing page 3 on the backs of all the pages. Make sure the same edge is up on both sides.

Use a hole punch to place a hole in the upper left corner of front of the tag. Then, attach the tags to the hearts. We use brightly colored card stock for our tags. It helps them get noticed when they are left in public places. Only use thick paper to print out the tags please. At least **"65lb"** weight card stock. Regular 20-24lb copy paper is just not strong enough.

Have fun and please take some photos along the way. Be sure to share them on our Facebook page or Instagram/Twitter. Be sure to mention that you are scattering the hearts when you post the photos. When posting on social media please add the hashtag #PeytonHeartProject to your photos.

**Our quotes are only to be used for the Peyton Heart Project.**  
**The hearts should never be sold. They are always FREE.**

For further information and updates to our guidelines, please go to our Facebook page where you can find the updated answers to our Frequently Asked Questions. You can find this post in our "notes" section on the left of our main page. Thank you.

Sincerely,  
The Peyton Heart Project  
**August 2, 2022**

**Please do not alter the files in any way. This includes changing any quotes; changing the layout; changing the font; changing any colors; adding or deleting icons.**

<p>♥ Take Me!  <i>Let the sun shine through the  darkness and light your path.</i>  <b>#PeytonHeartProject®</b></p>	<p>♥ Take Me!  <i>Believe in the abundance  of love that surrounds you.</i>  <b>#PeytonHeartProject®</b></p>	<p>♥ Take Me!  <i>Find your strength inside  you, where magic dwells.</i>  <b>#PeytonHeartProject®</b></p>	<p>♥ Take Me!  <i>Find the extraordinary  in the ordinary.</i>  <b>#PeytonHeartProject®</b></p>
<p>♥ Take Me!  <i>Kindness in  words creates confidence.</i>  <b>#PeytonHeartProject®</b></p>	<p>♥ Take Me!  <i>Let the world see  what makes you unique.</i>  <b>#PeytonHeartProject®</b></p>	<p>♥ Take Me!  <i>After every dark night,  there is a brighter day.</i>  <b>#PeytonHeartProject®</b></p>	<p>♥ Take Me!  <i>Beautiful  minds inspire others.</i>  <b>#PeytonHeartProject®</b></p>
<p>♥ Take Me!  <i>Begin each day  with a positive thought.</i>  <b>#PeytonHeartProject®</b></p>	<p>♥ Take Me!  <i>Know that you are  loved for who you are.</i>  <b>#PeytonHeartProject®</b></p>	<p>♥ Take Me!  <i>Know that you are  loved for who you are.</i>  <b>#PeytonHeartProject®</b></p>	<p>♥ Take Me!  <i>Live for the moments  you can't put into words.</i>  <b>#PeytonHeartProject®</b></p>
<p>♥ Take Me!  <i>Look at yourself  with kindness and love.</i>  <b>#PeytonHeartProject®</b></p>	<p>♥ Take Me!  <i>Love is more  powerful than hate.</i>  <b>#PeytonHeartProject®</b></p>	<p>♥ Take Me!  <i>No act of  kindness is ever wasted.</i>  <b>#PeytonHeartProject®</b></p>	<p>♥ Take Me!  <i>No one is you,  and that is your power.</i>  <b>#PeytonHeartProject®</b></p>
<p>♥ Take Me!  <i>Spread your  wings and learn to fly.</i>  <b>#PeytonHeartProject®</b></p>	<p>♥ Take Me!  <i>The good things in  life are better with you.</i>  <b>#PeytonHeartProject®</b></p>	<p>♥ Take Me!  <i>When the skies are  dark, look for the stars.</i>  <b>#PeytonHeartProject®</b></p>	<p>♥ Take Me!  <i>When the skies are  dark, look for the stars.</i>  <b>#PeytonHeartProject®</b></p>
<p>♥ Take Me!  <i>Where there is  kindness there is magic.</i>  <b>#PeytonHeartProject®</b></p>	<p>♥ Take Me!  <i>Where there is  kindness there is magic.</i>  <b>#PeytonHeartProject®</b></p>	<p>♥ Take Me!  <i>You make the  world a beautiful place.</i>  <b>#PeytonHeartProject®</b></p>	<p>♥ Take Me!  <i>You're a  magnet for miracles.</i>  <b>#PeytonHeartProject®</b></p>
<p>♥ Take Me!  <i>Your eyes are the  windows to your soul.</i>  <b>#PeytonHeartProject®</b></p>	<p>♥ Take Me!  <i>Beyond the darkness,  light appears.</i>  <b>#PeytonHeartProject®</b></p>	<p>♥ Take Me!  <i>Focus your thoughts  on what inspires you.</i>  <b>#PeytonHeartProject®</b></p>	<p>♥ Take Me!  <i>Hope is the  heartbeat of the soul.</i>  <b>#PeytonHeartProject®</b></p>
<p>♥ Take Me!  <i>Make the most  of your unique gifts.</i>  <b>#PeytonHeartProject®</b></p>	<p>♥ Take Me!  <i>Make the most  of your unique gifts.</i>  <b>#PeytonHeartProject®</b></p>	<p>♥ Take Me!  <i>Nurture more  kindness in the world.</i>  <b>#PeytonHeartProject®</b></p>	<p>♥ Take Me!  <i>Those who plant  kindness gather love.</i>  <b>#PeytonHeartProject®</b></p>

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**It's yours to keep!**  
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<p>♥ Take Me!</p> <p><i>You have the strength to face any challenge.</i></p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>"Hope is a waking dream." ~Aristotle</i></p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>"Still, I rise."</i></p> <p>~ M. Angelou</p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>Always choose kindness.</i></p> <p>#PeytonHeartProject®</p>
<p>♥ Take Me!</p> <p><i>Always find reasons to smile.</i></p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>Aspire to Inspire.</i></p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>Be a light in the dark.</i></p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>Be always blooming.</i></p> <p>#PeytonHeartProject®</p>
<p>♥ Take Me!</p> <p><i>Be the hero in your own story.</i></p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>Be the peace you seek.</i></p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>Be true to you.</i></p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>Be who you are meant to be.</i></p> <p>#PeytonHeartProject®</p>
<p>♥ Take Me!</p> <p><i>Be who you are meant to be.</i></p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>Be your own kind of beautiful.</i></p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>Beauty comes from within.</i></p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>Beauty comes from within.</i></p> <p>#PeytonHeartProject®</p>
<p>♥ Take Me!</p> <p><i>Beauty is everywhere.</i></p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>Believe in love.</i></p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>Believe in miracles.</i></p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>Believe in the goodness of life.</i></p> <p>#PeytonHeartProject®</p>
<p>♥ Take Me!</p> <p><i>Believe in the goodness of life.</i></p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>Believe in the kindness of others.</i></p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>Believe in who you can be.</i></p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>Believe in who you can be.</i></p> <p>#PeytonHeartProject®</p>
<p>♥ Take Me!</p> <p><i>Believe in your worth.</i></p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>Believe in your worth.</i></p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>Believe in yourself.</i></p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>Capture the beauty in every moment.</i></p> <p>#PeytonHeartProject®</p>
<p>♥ Take Me!</p> <p><i>Collect beautiful moments.</i></p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>Create love in every moment.</i></p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>Create your own path.</i></p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>Create your own sunshine.</i></p> <p>#PeytonHeartProject®</p>





<p>♥ Take Me!</p> <p><i>Cultivate kindness.</i></p> <p>#PeytonHeartProject©</p>	<p>♥ Take Me!</p> <p><i>Dance like no one's watching.</i></p> <p>#PeytonHeartProject©</p>	<p>♥ Take Me!</p> <p><i>Do what makes your soul shine.</i></p> <p>#PeytonHeartProject©</p>	<p>♥ Take Me!</p> <p><i>Do what you love.</i></p> <p>#PeytonHeartProject©</p>
<p>♥ Take Me!</p> <p><i>Dream deeper than the ocean.</i></p> <p>#PeytonHeartProject©</p>	<p>♥ Take Me!</p> <p><i>Dream without limits.</i></p> <p>#PeytonHeartProject©</p>	<p>♥ Take Me!</p> <p><i>Embrace the possibilities.</i></p> <p>#PeytonHeartProject©</p>	<p>♥ Take Me!</p> <p><i>Embrace who you are.</i></p> <p>#PeytonHeartProject©</p>
<p>♥ Take Me!</p> <p><i>Embrace your beautiful life.</i></p> <p>#PeytonHeartProject©</p>	<p>♥ Take Me!</p> <p><i>Enjoy life's pleasures.</i></p> <p>#PeytonHeartProject©</p>	<p>♥ Take Me!</p> <p><i>Every day is a gift.</i></p> <p>#PeytonHeartProject©</p>	<p>♥ Take Me!</p> <p><i>Every day is a second chance.</i></p> <p>#PeytonHeartProject©</p>
<p>♥ Take Me!</p> <p><i>You deserve love.</i></p> <p>#PeytonHeartProject©</p>	<p>♥ Take Me!</p> <p><i>Everything is possible.</i></p> <p>#PeytonHeartProject©</p>	<p>♥ Take Me!</p> <p><i>Follow your bliss.</i></p> <p>#PeytonHeartProject©</p>	<p>♥ Take Me!</p> <p><i>Follow your dreams.</i></p> <p>#PeytonHeartProject©</p>
<p>♥ Take Me!</p> <p><i>Follow your heart.</i></p> <p>#PeytonHeartProject©</p>	<p>♥ Take Me!</p> <p><i>Give love with all of your heart.</i></p> <p>#PeytonHeartProject©</p>	<p>♥ Take Me!</p> <p><i>Give love with all of your heart.</i></p> <p>#PeytonHeartProject©</p>	<p>♥ Take Me!</p> <p><i>Go where your spirit leads you.</i></p> <p>#PeytonHeartProject©</p>
<p>♥ Take Me!</p> <p><i>Hope anchors the soul.</i></p> <p>#PeytonHeartProject©</p>	<p>♥ Take Me!</p> <p><i>Inspiration is all around you.</i></p> <p>#PeytonHeartProject©</p>	<p>♥ Take Me!</p> <p><i>Inspire someone today.</i></p> <p>#PeytonHeartProject©</p>	<p>♥ Take Me!</p> <p><i>Keep your sense of wonder.</i></p> <p>#PeytonHeartProject©</p>
<p>♥ Take Me!</p> <p><i>Kind words cost nothing.</i></p> <p>#PeytonHeartProject©</p>	<p>♥ Take Me!</p> <p><i>Kindness in giving creates love.</i></p> <p>#PeytonHeartProject©</p>	<p>♥ Take Me!</p> <p><i>Kindness is contagious.</i></p> <p>#PeytonHeartProject©</p>	<p>♥ Take Me!</p> <p><i>Kindness is free.</i></p> <p>#PeytonHeartProject©</p>
<p>♥ Take Me!</p> <p><i>Kindness matters.</i></p> <p>#PeytonHeartProject©</p>	<p>♥ Take Me!</p> <p><i>Kindness will set you free.</i></p> <p>#PeytonHeartProject©</p>	<p>♥ Take Me!</p> <p><i>Let there be love.</i></p> <p>#PeytonHeartProject©</p>	<p>♥ Take Me!</p> <p><i>Let your beauty unfold.</i></p> <p>#PeytonHeartProject©</p>

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**It's yours to keep!**  
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<p>♥ Take Me!</p> <p><i>Let your light shine.</i></p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>Life is a gift.</i></p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>Life is amazing!</i></p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>Life is infinitely beautiful.</i></p> <p>#PeytonHeartProject®</p>
<p>♥ Take Me!</p> <p><i>Life is precious.</i></p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>Life's possibilities are endless.</i></p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>Listen to your heart.</i></p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>Live fearlessly.</i></p> <p>#PeytonHeartProject®</p>
<p>♥ Take Me!</p> <p><i>Live in the moment.</i></p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>Live life with confidence.</i></p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>Live the life you've imagined.</i></p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>Live your life for you.</i></p> <p>#PeytonHeartProject®</p>
<p>♥ Take Me!</p> <p><i>Love changes everything.</i></p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>Love endlessly.</i></p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>Love has no limits.</i></p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>Love is all around you.</i></p> <p>#PeytonHeartProject®</p>
<p>♥ Take Me!</p> <p><i>Love is infinite.</i></p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>Love is the answer.</i></p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>Love life.</i></p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>Love on purpose.</i></p> <p>#PeytonHeartProject®</p>
<p>♥ Take Me!</p> <p><i>Love on purpose.</i></p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>Love reflects love.</i></p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>Love the life you live.</i></p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>Measure your life in love.</i></p> <p>#PeytonHeartProject®</p>
<p>♥ Take Me!</p> <p><i>Peace is always beautiful.</i></p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>Positive energy can heal the world.</i></p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>Rejoice in life's beauty.</i></p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>Say yes to new adventures.</i></p> <p>#PeytonHeartProject®</p>
<p>♥ Take Me!</p> <p><i>Scatter kindness.</i></p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>Seize each and every day.</i></p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>Smile often &amp; love always.</i></p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>Speak kindly to yourself.</i></p> <p>#PeytonHeartProject®</p>



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Use the hashtag #PeytonHeartProject and **please** include the **city, state, country**. Visit **[www.ThePeytonHeartProject.org](http://www.ThePeytonHeartProject.org)** to learn more. You are beautiful. Pass it on.



<p>♥ Take Me!</p> <p><i>Speak only words of kindness.</i></p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>Spread love each day.</i></p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>Take time to dream more.</i></p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>The best is yet to be.</i></p> <p>#PeytonHeartProject®</p>
<p>♥ Take Me!</p> <p><i>The world needs more love.</i></p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>The world needs you.</i></p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>There is always hope.</i></p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>There is always light to be found.</i></p> <p>#PeytonHeartProject®</p>
<p>♥ Take Me!</p> <p><i>There's no wrong way to be you.</i></p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>Tomorrow brings new hope.</i></p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>Trust the magic of new beginnings.</i></p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>Trust your soul.</i></p> <p>#PeytonHeartProject®</p>
<p>♥ Take Me!</p> <p><i>Unlock the beauty inside you.</i></p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>Use your life to create miracles.</i></p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>Value those you love.</i></p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>We rise by lifting others.</i></p> <p>#PeytonHeartProject®</p>
<p>♥ Take Me!</p> <p><i>You are a burst of beautiful.</i></p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>You are a gift to the Universe.</i></p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>You are a miracle.</i></p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>You are a treasure.</i></p> <p>#PeytonHeartProject®</p>
<p>♥ Take Me!</p> <p><i>You are limitless.</i></p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>You are loved.</i></p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>You are stronger than the storm.</i></p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>You are truly beautiful.</i></p> <p>#PeytonHeartProject®</p>
<p>♥ Take Me!</p> <p><i>You are worth it.</i></p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>You deserve happiness.</i></p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>You dwell in possibility.</i></p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>Your journey will be worth it.</i></p> <p>#PeytonHeartProject®</p>
<p>♥ Take Me!</p> <p><i>Your life is your message.</i></p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>Your life matters.</i></p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>Your love can move mountains.</i></p> <p>#PeytonHeartProject®</p>	<p>♥ Take Me!</p> <p><i>Your soul is made of stars.</i></p> <p>#PeytonHeartProject®</p>

